



How To Support A Breastfeeding Mother

A Guide for the

Childcare Center



Developed by the Mississippi State Department of Health WIC Program

Revised for Texas by the Texas Department of Health

Texas Breastfeeding Initiative

AAP Policy Statement

- Breastfeeding is best.
- Breastfeed exclusively for the first 6 months.
- Breastfeed for at least 1 year.*
- Breastfeed beyond one year for as long "as is mutually desired."

**World Health Organization (WHO)
recommends at least 2 years.*



Healthy People 2010 Goals

- 75% breastfeeding initiation
- 50% continuing to 6 months
- 25% at 1 year

Breastfeeding
is the Natural
Way to Feed a
Baby.



Benefits to Baby

Reduced risks of:

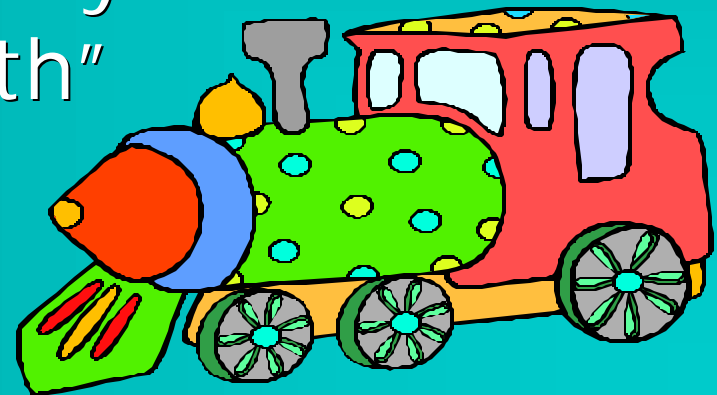
- Otitis media (ear infections)
- Upper and lower respiratory infections
- Urinary tract infections
- Gastroenteritis (intestinal infections)
- NEC in preemies
- Allergies
- Obesity



More Benefits to Baby

Reduced risks of:

- Diabetes
- Ulcerative colitis/Crohn's disease
- Childhood leukemia
- Sudden infant death syndrome (SIDS) or "crib death"



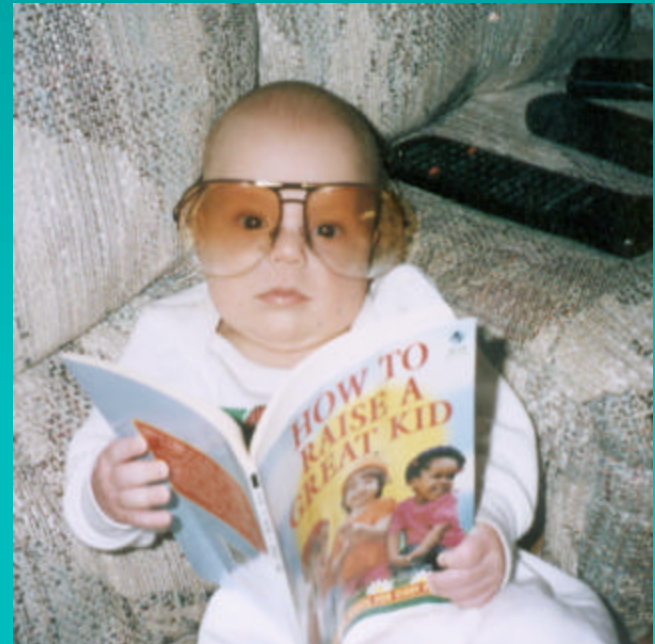
Breastfeeding Saves Money

In the U.S., the health care system would save at least 2-4 billion dollars annually if mothers were enabled to choose and to succeed in breastfeeding for as little as twelve weeks.

Miriam Labbok, M.D.
Medical Researcher
Georgetown University

More Benefits for baby

- Increases serotonin receptors in the brain
- Enhances brain and IQ development
- Optimizes mother-infant bonding
- Enhances strong jaw and facial development
 - reduces need for orthodontic treatment later on



Benefits for Mom

- Decreases postpartum bleeding
- Decreases risk of anemia
- Helps in weight reduction
- Reduces risk of breast cancer, especially pre-menopausal
- Reduces risk of ovarian cancer
- May reduce risk of endometrial cancer (of the uterus lining)
- Reduces risk for osteoporosis



Breastfeeding Benefits Employers

- Less employee turnover
- Faster return from maternity leave
- Less employee absenteeism
- Happier employee



Would you like to
continue breastfeeding your
baby after returning to work
or school? Then you may
need a breast pump. Ask WIC
which pump would work best
for you. You may even qualify
for one through WIC.



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¿Desearía continuar
alimentando con el pecho a su bebé
después de regresar al trabajo o a la
escuela? Entonces, puede que necesite
una bomba para extraerse la leche.
Pregunte en el Programa WIC qué
bomba sería mejor para usted. Incluso
puede que califique para obtener una
bomba a través del Programa WIC.



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Breastfeeding Benefits Childcare Centers

- Baby is sick less often.
- Diapers have less odor.
- Baby is happier.
- Breastfed baby spits up less.



AAP Recommendations

- Breastfeed for **at least** 12 months
- Provide breast milk even when mom and child are separated
- Encourage family & community support
- Media should portray breastfeeding as the norm
- Employers provide facilities and time

Support of the Breastfeeding Childcare Employee

If your childcare center is interested in becoming a Texas Mother-Friendly Worksite, call

(512) 458-7111, ext 6233

for an application packet.

Working & Breastfeeding?



Yes !



With a little loving support!



Breastmilk Supply

- Supply is consumer driven.
- Breasts make milk while baby is nursing or mom is expressing.
- Pumping schedule:
 - » before work
 - » evening



Tips for Working Moms

- Mother's milk should be well established before pumping and introducing bottle.
- It takes 3 - 4 weeks of exclusive breastfeeding for mother's milk supply to become well established.
- Let someone else other than mom give baby his/her first bottle.

Tips for Working Moms

Before returning to work or school, mom should:

- Talk to a breastfeeding specialist about what type of breast pump would work best for her.
- Begin pumping 2 weeks before returning to work or school.

Breastfeeding
is the
Gold
Standard



Storing That Liquid Gold

■ Temperature

Up to 79° F

Refrigerator

Freezer

Deep freeze

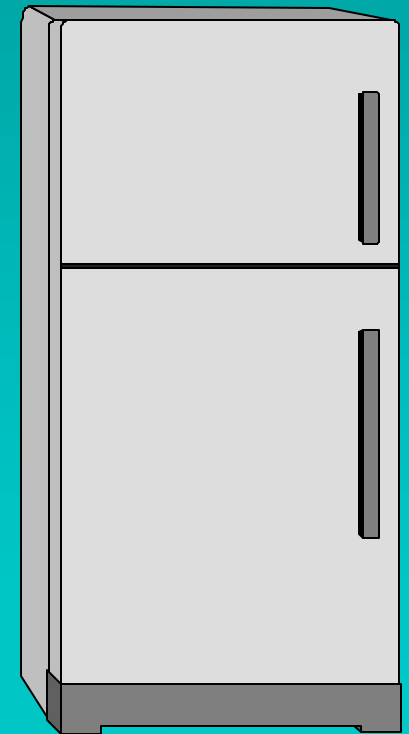
■ Time

4 hours

5 days

3 months

6 months



Handling of Breastmilk

- Refrigerated or frozen, breastmilk separates.
- Heat breastmilk in warm water--
never microwave breastmilk.
- Swirl gently to mix layers back together.
- Thawed breastmilk can be kept in fridge for 24 hours. Do not refreeze.
- It is recommended leftovers be discarded.

Breastmilk

Is NOT Classified as A Body Fluid*

- You do **not** need to store breastmilk in a separate refrigerator.
- You do **not** need to wear gloves to give a bottle of breastmilk to a baby.
- You do **not** contaminate breastmilk by touch. Touching breastmilk is not hazardous exposure nor a potential contaminant.

*According to OSHA's and CDC's definitions, breastmilk is classified as "food" and does not require universal precautions for handling body fluids.

Feeding Suggestions for Childcare Worker

- Hold baby close.
- Burp well.
- Use orthodontic nipples.
- Avoid pacifiers for babies under 2 - 3 weeks old.
- Avoid solids before four to six months.
- Try not to feed baby during the last 2 hrs before mom is due to pick up baby—or if you do, just give baby a “snack.”



Other Ways to Be Supportive

- Praise mom for providing the very best nutrition to her baby.
- If possible, provide “nursing nook” in the childcare center where mom can breastfeed her baby.
- Keep 1 bottle of frozen milk for emergencies.
- Keep track of wet, soiled diapers for mom.
- Keep track of amount baby consumes and report to mom.

Nutrition and Foods Brought From Home

- Clearly label each child's bottle with child's name and the date the milk was expressed.
- Use the oldest milk first.
- Feed infants expressed breastmilk on demand, unless parent provides other written instructions.
- Staff should wash their hands before and after feeding.

Baby's Hunger Cues



- Turning head from side to side in search of breast
- Making sucking noises
- Sucking on hand or fist
- Crying is the last cue. Try to feed before this stage.

Things to Remember

- The risks of artificial infant feeding are numerous and can have lifelong implications.
- If breastfeeding is not going well, the solution is to fix the breastfeeding--NOT to "wean to a bottle".
- Most potential problems are easily managed without interrupting breastfeeding.
- A little breastmilk is better than none.
- For help call Mom's Place: **1-800-514-6667**
Or La Leche League: **1-800-525-3243**



**Breastfeeding
is the natural
Way to Feed A Baby!**